

## Food Sources of Folate

### Information about Folate

- Folate is a water-soluble B vitamin. It is found naturally in foods. This vitamin cannot be stored in your body. You should eat folate-rich foods every day.
- Folate is important for everyone. It helps make red blood cells. If you do not have enough folate, you can get a type of anemia. If you have anemia you may feel tired, weak and unable to concentrate.
- Folate is very important for infants, children and women who are pregnant. It helps to prevent some birth defects.
- Folic acid is a form of folate. This is the type of folate found in vitamin supplements.
- Folicin is the generic name for folic acid and folic acid-related substances. It may be used instead of the words folic acid and folate.

### How Much Folate Should I Aim For?

- Women who could become pregnant, are pregnant or breastfeeding need more folate. They should take a daily folic acid supplement of 400 micrograms (mcg) or 0.4 milligrams (mg).

<i>Age in years</i>	<i>Aim for an intake of* mcg/day</i>	<i>Stay below* mcg/day</i>
Men and Women 19 and older	400	1000
Pregnant Women 19 and older	600	1000
Breastfeeding Women 19 and older	500	1000

\*This includes sources of folate from food and supplements

## Food Sources of Folate

Dark green vegetables like broccoli and spinach and dried legumes such as chickpeas, beans and lentils are naturally good sources of folate. In Canada, folic acid is added to all white flour, enriched pasta and cornmeal products.

The following table will show you which foods are sources of folate.

<i>Food</i>	<i>Serving size</i>	<i>Folate (mcg)</i>
<i>Vegetables and Fruit</i>		
<i>Vegetables</i>		
Edamame/baby soybeans, cooked	125 mL (½ cup)	255
Okra, frozen, cooked	125 mL (½ cup)	142
Spinach, cooked	125 mL (½ cup)	121-139
Artichoke, frozen, cooked	125 mL (½ cup)	106
Asparagus, cooked	6 spears	134
Turnips greens or collards, cooked	125 mL (½ cup)	90-93
Broccoli, cooked	125 mL (½ cup)	89
Brussels sprouts, frozen, cooked	4 sprouts	85
Romaine lettuce	250 mL (1 cup)	80
Escarole or endive, raw	250 mL (1 cup)	75
Beets, cooked	125 mL (½ cup)	72
Potato, with skin, cooked	1 medium	48-66
Spinach, raw	250 mL (1 cup)	61

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<i>Fruit</i>		
Avocado	½ fruit	81
Papaya	½ fruit	58
<i>Juices</i>		
Orange juice	125 mL (½ cup)	58
<i>Grain Products</i>		
Wheat germ cereal, toasted	30 g (¼ cup)	106
Pasta (white, egg noodles, spinach), enriched, cooked	125 mL (½ cup)	88-92
Wheat germ	60 mL (¼ cup)	75
Bagel, plain	½ bagel (44.5 g)	63
Cracker, saltine	10 crackers	64
Oatmeal, flavoured, instant, cooked	175 mL (¾ cup)	49-61
Bread, white	1 slice (35 g)	60
Bread, whole wheat	1 slice (35 g)	18
<i>Milk and Alternatives</i>	This food group contains very little of this nutrient	
<i>Meat and Alternatives</i>		
<i>Meat Alternatives</i>		
Beans, cranberry/roman, cooked*	175 mL (¾ cup)	271
Lentils, cooked*	175 mL (¾ cup)	265
Beans (mung, adzuki), cooked*	175 mL (¾ cup)	234-238

Beans (chickpeas, black-eyed/cowpeas), cooked*	175 mL (¾ cup)	180-209
Beans (navy, black), cooked*	175 mL (¾ cup)	181-190
Beans (kidney, great northern), cooked*	175 mL (¾ cup)	157-170
Soy nuts	60 mL (¼ cup)	89
Sunflower seeds, without shell	60 mL (¼ cup)	81
Soybeans, mature, cooked	175 mL (¾ cup)	69
<i>Organ Meat</i>		
Liver, turkey, cooked	75 g (2 ½ oz)	518
Liver, chicken, cooked	75 g (2 ½ oz)	420
Liver, lamb, cooked	75 g (2 ½ oz)	300
Giblets (chicken, turkey), cooked	75 g (2 ½ oz)	251-277
Liver, veal, cooked	75 g (2 ½ oz)	262
Pate, chicken liver	75 g (2 ½ oz)	241
Liver, beef, cooked	75 g (2 ½ oz)	195
Liver, pork, cooked	75 g (2 ½ oz)	122
<i>Fish and Seafood</i>		
Conch, cooked	75 g (2 ½ oz)	134
<i>Miscellaneous</i>		
Yeast extract spread (vegemite or marmite)	30 mL (2 Tbsp)	371

\*Canned legumes are usually lower in folate than cooked dried legumes

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Source: "Canadian Nutrient File" [www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)



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